DIO1.85:8/5

### Journal

**JUNE 1985** 



# CODE OF ETHICS FOR GOVERNMENT SERVICE

### Any Person In Government Service Should:

Put loyalty to the highest moral principles and to country above loyalty to persons, party, or Government department.

Uphold the Constitution, laws, and legal regulations of the United States and all governments therein and never be a party to their evasion.

Give a full day's labor for a full day's pay; giving to the performance of his duties his earnest effort and best thought.

Seek to find and employ more efficient and economical ways of getting tasks accomplished.

Never discriminate unfairly by the dispensing of special favors or privileges to anyone, whether for remuneration or not; and never accept, for himself or his family, favors or benefits under circumstances which might be construed by reasonable persons as influencing the performance of his governmental duties.

Make no private promises of any kind binding upon the duties of office, since a Government employee has no private word which can be binding on public duty.

Engage in no business with the Government, either directly or indirectly, which is inconsistent with the conscientious performance of his governmental duties.

Never use any information coming to him confidentially in the performance of governmental duties as a means for making private profit.

Expose corruption wherever discovered.

Uphold these principles, ever conscious that public office is a public trust.

(This Code of Ethics was agreed to by the House of Representatives and the Senate as House Concurrent Resolution 175 in the Second Session of the 85th Congress. The Code applies to all government Employees and Office Holders.)

### COMMANDER Maj. Gen. Harry E. Soyster

DEPUTY COMMANDER Brig. Gen. Charles F. Scanlon

COMMAND SERGEANT MAJOR CSM Sammy W. Wise

PUBLIC AFFAIRS OFFICER Lt. Col. William S. Birdseye

> EDITOR Phoebe Russo

ART DIRECTOR Dietra D. Watson

STAFF WRITER Deidre A. Hoehn

The INSCOM Journal (ISSN 0270-8906) is published monthly except January and July (combination issues for January/February and July/August) by the U.S. Army Intelligence and Security Command, Arlington Hall Station, Arlington, VA 22212. Second class postage paid at Arlington, VA. POSTMASTER: Send address changes to the INSCOM Journal, U.S. Army Intelligence and Security Command, ATTN: IAPA, Arlington Hall Station, Arlington, VA 22212.

The INSCOM Journal is the unofficial Command Information publication authorized under the provisions of AR 360-81. It is produced by photooffset and serves as an educational, informational, and professional medium for the members of USAINSCOM and other members of the intelligence community. Circulation is 6,000 copies per issue. Unless otherwise stated, opinions expressed herein do not necessarily represent those of HQ USAINSCOM or Department of the Army. Further, unless stated, INSCOM Journal articles are not generally copyrighted and may be reprinted with proper credit given. Articles printed in the INSCOM Journal with the notation "used with permission" will not be reprinted in other publications unless permission is granted by the original source. Manuscripts and photos submitted for publication, or correspondence concerning the INSCOM Journal should be mailed to HQ USAINSCOM, ATTN: IAPA, INSCOM Journal. Arlington Hall Station, Arlington, VA 22212. Telephone: AC 202-692-5496/5346 or Autovon 222-5496/5346.

### June 1985 JINSCOM DOULLAL

Arlington National Cemete honors our dead	ery 3
WW II's Remagen Bridge	5
Shift work: guidelines for survival	9
Units	12-14
Special 'Pull-out' Section: Field Station Kunia	15-34
Family Album	35-37
Legally Speaking	38-40
For Your Information	41-48
Sports	49

U.S. Army Field Station Kunia is in a land of work, fun, and adventure. In Hawaii, the Field Station claims many exciting differences. Some of these oddities are a pineapple field that serves as a roof; a population of mostly young people; and a tunnel that serves as an entrance to the field station. Come then, with us, on our tour of Field Station Kunia and the beautiful Hawaiian Islands.

There was no May issue.



Arlington House at Arlington National Cemetery. (Photo by Deidre A. Hoehn)



Some families opt to provide their own markers. (Photo by Deidre A. Hoehn)



This scene at Arlington National Cemetery shows just a small portion of the gravesites. This type of marker is the "standard" type provided by the Government. (Photo by Deidre A. Hoehn)

### Arlington National Cemetery honors our dead

Not for fame or reward—not for place or for rank—not lured by ambition or goaded by necessity but in simple obedience to duty as they understood it, these men suffered all, sacrificed all, dared all—and died. (From an inscription in Arlington National Cemetery.)

#### by Deidre A. Hoehn

Every year in May, the United States observes Memorial Day. Since World War I, Memorial Day has honored the dead of all wars. Just down the street from Arlington Hall Station is a great symbol of Memorial Day. It is Arlington National Cemetery, the largest national cemetery in the United States.

In the United States, Memorial Day, or Decoration Day, originated after the Civil War when families in the South began decorating both Southern and Northern soldiers' graves with flowers in the spring. Unofficially, Memorial Day is also a day where all graves are decorated—thus remembering and mourning all dead.

Americans killed in war, other members or veterans of

the Armed Services, and distinguished citizens who served the country are buried at Arlington National Cemetery. Some family members are also buried there.

But Arlington National Cemetery is not just a cemetery; it is a memorial to those who have given their lives for our country. Present in the cemetery are remains of those who served in the Revolutionary War, the War of 1812, the Mexican War, the Civil War, the Indian Campaigns, the Spanish-American War, the Philippine Insurrection, World Wars I and II, the Korean War, and Vietnam.

Walking through the grounds, the impact of the number of lives that have been

given is realized by the vastness of the cemetery that is filled with so many markers. This fact is accentuated by the silence that surrounds the visitor because there are so few diversions around; except for the view of Washington, D.C. in the background, in almost any spot, one can turn in any direction and see the cemetery as far as the eye can travel.

The cemetery is not a typical cemetery. There are numerous memorials throughout its 1,100 acres. One such memorial is the Arlington House which was home for Robert E. Lee for 30 years. During the Civil War, a law required property owners of land occupied by Federal troops to pay their taxes in person. Because they were not



THAT VITALLY HOREKNOVY

WHITTER IT VVISUES US WELL OF THE

THAT VVI SHALL PAY ALLS PRICE - BLAR ANY BURDEN

MET ALLY HAPDSHIP - SUPPORT ANY ERRORD

OPPOSE ANY FOLLO ASSURE THE SURVIVAL

AND THE SUCCESS OF LIBERTY

At the site where President John F. Kennedy is buried, the words from part of his inauguration speech are etched into a wall. This is one panel of many. (Photo by Deidre A. Hoehn)

able to do this, the Lee estate was confiscated by the Government in 1864. In 1882, George Washington Custis Lee, Lee's eldest son, won a law suit against the Federal Government for the return of his property. However, because the Arlington Cemetery for the Union's dead had been established on the grounds in 1864 and hundreds of graves already covered the hills of the grounds, G.W.C. Lee sold the land to the Federal Government for \$150,000. This was the beginning of Arlington National Cemetery.

Other memorials include the Tombs of the Unknown Soldier of War War I, the Unknown American Serviceman of World War II, and the Unknown American Serviceman of the Korean War. This memorial is better known as the Tomb of the Unknown Soldier.

It is guarded 24 hours a day by members of the Army's Old Guard.

A granite coffin on top of a vault contains the remains of 2,111 Civil War unknowns. The Confederate Monument honors the Confederacy dead as well as symbolizes a reunited North and South. The Army and Navy Nurses memorial remembers the deceased nurses of the two services.

There are many sites where there are group burials. The largest of these is a five-foot high, octagonal shaped monument made out of Georgia granite. This monument contains the remains of 250 who died when the *USS Serpens* exploded and sank during World War II at Lunga Beach, Guadalcanal, Solomon Islands.

Although all buried at

Arlington National Cemetery are distinguished persons, some recognizable names are Lt. Col. Virgil I. Grissom, USAF (Astronaut); Capt. Oliver Wendell Holmes, USA; Lt. John F. Kennedy, USN (35th President of the United States); Rear Adm. Robert E. Peary, USN; General of the Armies John J. Pershing, USA; Maj. Walter Reed, USA; and William H. Taft (27th President of the United States).

This list of recognizable names is long, but not as long as the list of names that one does not recognize. Arlington National Cemetery is a memorial to all those persons—whether the person's name appears in history books or appears only on the tombstone marking the grave. All have been remembered and honored at Arlington National Cemetery.

### WW II's Remagen Bridge

This article recounts the battle for the bridge at Remagen which took place on March 7, 1945. This article also contains a former company commander's personal insight and opinions on 'leadership' as well as how he accomplished his mission in combat.

by Tom Surface

"Only my laundry man knew how scared I really was," retired Lt. Col. William E. "Mac" McMaster admitted, as he recalled a late winter day four decades ago when he was a first lieutenant company commander who led his men in the assault against the Remagen Bridge—the battle that breached Nazi Germany.

Today, Mac, 66, owns a travel agency in the small quiet New Jersey village of Glendora. On March 7, the 40th anniversary of the taking of the Remagen Bridge, he once again led a group to the site. This time it was more than 130 Remagen veterans and their families who joined other Americans and their German counterparts in a reconciliation ceremony commemorating the anniversary.

McMaster is the only surviving company commander who initially crossed the Remagen railroad bridge. He played a significant role in the capture of the only bridge the retreating German Army left intact across the Rhine, an event that made his unit, the 27th Armored Infantry Battalion, the first soldiers since Napoleon to set foot on German soil east of the Rhine.

He sat at his desk and recalled the battle.

He was then the commander of Charlie Company, the unit that led the assault through the town of Remagen, located on the west bank of the river. They covered Company A, laying down a base of fire so fierce that they expended in a matter of a few minutes more ammunition than they had used the entire previous week. Mac's unit succeeded in suppressing the enemy's fire from the east bank and enabled soldiers from Company A to cross.

But how could this have happened? Why was

the bridge still standing?

McMaster leaned forward and recounted the activities leading up to the assault.

### THE MORNING OF MARCH 7

"We started our move toward Remagen on the morning of March 7 as part of a task force under the command of Lt. Col. Leonard Engeman. I had just taken command of Charlie Company the day before. Along with the 27th Armored Infantry Battalion, there was the 14th Tank Battalion and elements of the 89th Recon, with supporting fire from the 16th Armored Field Artillery.

"We started that day about 40 kilometers from Remagen, moving in a column formation. Our objective that day was the town of Remagen. There was a bridge, but we held little hope of taking it intact because we knew the



Germans had prepared it for demolition and intended to deny us access to the river."

Resistance was light that day and McMaster noted that the lead unit arrived at the high ground overlooking Remagen at noon.

"The column stopped. I heard no firing or combat sounds, so I went forward to where the lead element commander was." Off in the distance both McMaster and 1st Lt. Karl H. Timmerman could see the bridge, then named the Ludendorff Bridge, still standing.

Engeman soon arrived at the scene and directed his two commanders to scout the approach to the town and the bridge.

"The road we were on was good enough to support our vehicles and provided a good covered route into the town."

Mac noted with delight that the Germans still did not know they were there; "We still had the element of surprise."

### THE TOSS OF A COIN

After the recon Timmerman and Mac flipped a coin to decide who would ride down through the town in the halftracks and who would go on foot and flush out the enemy.

Mac won and decided that his company would ride into Remagen, giving Timmerman's unit about 16 minutes to get through the village on foot. "Once the halftracks started down, the element of surprise would be gone," he said.

"My instruction to my men was 'anything that moves—fire on it,' because we had to keep the enemy's head down."

"During the recon I noted three main thoroughfares through town and decided to send a rifle platoon on each."

Here, McMaster's concept of a tactical leader is revealed.

"I believe a leader should not be in front so much as back a little ways in a position to command and direct his elements." Mac's theory of leadership is simple, "Never ask anyone to do anything you would not do yourself, but don't position yourself out in front of everyone. A leader must be positioned to think and make decisions."

### THREE EXPLOSIONS

Mac positioned himself on the middle route through town, behind his lead elements. From here he felt he could better control his men in the battle.

His drive through Remagen stalled when his platoon next to the river started taking heavy 20mm fire from across the river and his route was blocked by vehicles abandoned in the road to impede his advance. "We dismounted and continued to the bridge on foot."

"By this time it had been a good 45 minutes to an hour since I had first seen the bridge."

Maj. Paul E. Cox, the executive officer, arrived at McMaster's position, which was at the approach to the bridge. Cox told Mac to get his men across the bridge. But Mac had only one platoon with him—the others were pinned down and not yet in position to cross.

About that time there was a big explosion on the bridge. But the bridge still stood.

Mac moved his men into position to lay down supporting fire for Company A to cross, but before that, another explosion rocked the bridge. One of Mac's men yelled, "It's still there; they didn't get it."

As Cox was coordinating last minute tasks for the crossing, a third blast shook the stubborn bridge, and still it refused to go down.

Finally, at 3:45 P.M. the Americans crossed the bridge.

The first two soldiers on the bridge, Sgt. Mike Chinchar and Sgt. Joe Diliseo, silenced the enemy fire coming from the towers on the east end of the railroad bridge, which had been planked to permit tracked and wheeled vehicles to cross it as well as trains.

"These NCOs did what good NCOs are supposed to do; they cleared the towers enabling



Men of the 9th Armored Division erected this sign at the entrance of the Remagen Bridge, spanning the Rhine River. The bridge collapsed on March 17, 1945. (U.S. Army Signal Corps photo by Sgt. William Spangle)

Sgt. Alex Drabik to become the first U.S. soldier to set foot on German soil east of the Rhine."

### HEROISM ABOUNDS

Heroes were numerous this day. Immediately after Drabik arrived on the other side, eight or nine engineers started crossing, looking for wiring and charges to ensure the Germans did not blow the bridge. "They gave the bridge the extra days of life," McMaster noted as he told of their daring and bravery while throwing emplaced demolitions off the bridge.

Everyone did his part.

McMaster told of his anguish as at least six military police were killed, each jumping up to take the place of their fallen comrades directing traffic across the span.

His own medic, Sgt. Daniel Keith, who Mac calls a true conscientious objector, pulled at

least 26 men off the bridge to safety after they had been wounded.

"There was less covering fire when we crossed because Timmerman's company had gone on with their mission to clear the tunnel on the other side, and Bravo Company was not yet in position to suppress the enemy fire coming from Erpeler Ley—the high ground east of the Rhine. My unit sustained the most casualties in our battalion, 26."

#### WHAT IS LEADERSHIP?

Mac then emphasized how he motivated his men to do their jobs at such a high risk.

"Motivation and psychology were not words that were used back then."

"I enlisted in the Army in 1938. I had no high school degree—no nothing. The Army provided an opportunity for me to get my education. I got my high school diploma, a college degree and learned several languages in the Army. All of this in addition to my commission."

But on the battlefield he indicated a leader must establish credibility.

"My men knew I was experienced and that I had been in infantry combat units since D-Day. They had confidence in me and accepted me as the leader. The bond between the leader and his men can't be explained or overcome—but I had a responsibility for all my men.

"As commander, I tried to use imagination to lead, and whenever possible, I used their ideas and suggestions to be part of the solution.

Mac had a standard procedure for training his new lieutenants.

"I'd call the platoon sergeant in and introduce him, then I'd tell them they would be working together for 10 days or so. I wouldn't put the lieutenant in charge until I knew his sergeant had prepared him. I think I saved a lot of lives this way."

### THE BRIDGE COLLAPSES

By the evening of March 7, all three companies of the 27th Armored Infantry Battalion had breached the Rhine and established a bridgehead on the other side. They would face an even greater challenge the next day as elements of the German 11th Panzer Division arrived in an unsuccessful attempt to push the Americans back into the river.

The three infantry companies were the only American units across the river until late in the evening of March 7 as the engineers needed to clear and ensure the bridge was safe for heavy equipment.

The Ludendorff Bridge carried U.S. military traffic from March 7 until it was closed by the engineers for repairs on March 13. Suddenly and without warning the bridge collapsed into the river on the afternoon of March 17 killing or injuring 93 soldiers working on the bridge.

McMaster said that the bridge collapsed just minutes before 2nd Lt. Warren Spahn, later a Hall of Fame pitcher for the Milwaukee Braves, was to go onto the bridge and take charge of repair operations.

Experts agree that a combination of things led to the bridge's collapse, from the attempted demolition by the Germans to allied air attacks in previous years. Mac summed it up best when he said, "The bridge collapsed of fatigue."

But it had served its purpose of getting necessary equipment across, and by this time several

alternate foot bridges and pontoon crossing sites spanned the Rhine.

Why the bridge was not blown before U.S. soldiers crossed presents another set of explanations. It is a fact that the Germans at Remagen were very disorganized, and no one was completely in charge. Until the time U.S. forces prepared to cross, the German Army continued to use this last remaining exit to retreat.

It is obvious that Maj. Hans Scheller, who was placed in charge of the Remagen area and had responsibility for the bridge's destruction on the day of the U.S. assault, tried in vain to raze the structure, but the bridge failed to yield to his attempts. (For his failure to carry out this task, Scheller, along with three others, were executed by their own people.) It has since been determined that it was not Scheller's fault. He was given the wrong type of explosive. Scheller had requisitioned military explosives designed to destroy large objects but instead was given a weaker industrial explosive which was not adequate for the intended purpose.

### A GRAND GAMBLE

Although the crossing at Remagen was not the primary crossing site, it did serve to demoralize the defeated German Army and forced them to shift their scarce combat resources!

"It was a hell of a good gamble," said Mac, who was at that time a mere pawn in the game.

"The gamble involved wagering three infantry companies to secure a bridgehead on the eastern bank of the Rhine versus the considerably higher stakes of an amphibious assault. Our crossing saved thousands of lives on both sides," Mac said.

"Our crossing over the bridge electrified the world and was a real shot in the arm for the allies' morale," he added.

But Mac did not realize the full impact on the Germans until years later during one of his trips back to the area.

"I have talked in recent years with former officers of the 11th Panzer Division. They realized it was really over after we crossed their invincible Rhine. Their will was broken; and they all just wanted to get the war over with and get on with the rest of their lives."

Indeed it was a striking blow to the enemy as organized resistance in the following months dwindled and their intensity lessened.

Mac tapped his desk and nodded, "It was indeed a good gamble."

(Editor's note: Capt. Tom Surface is the Chief of Army News Service.)

# Shift work: guidelines for survival

by Dennis M. Kowal, Ph.D.

Shift workers, as a group, report more ulcers, digestive tract disorders, and sleeping and eating disturbances than other workers in similar occupations. Likewise, workers whose jobs are machine-paced tend to have a higher incidence of health problems, emotional/family problems, and job dissatisfaction. These difficulties experienced by shift workers in adjusting to their working hours threatens an individual's health (both physical and emotional) as well as his job performance.

Shift workers experience certain physical and emotional problems more than day workers. These problems are diarrhea and constipation (due to disruptive eating habits), gastritis, respiratory problems, back pain, forgetfulness, nerv-

ousness, and irritibility. However, the dissruption of the worker's home life may be the most overlooked problem that shift workers have.

Job performance is threatened by increased absenteeism, time loss, accidents, poor communication, and increased tension among workers.

Although INSCOM units cannot do away with shiftwork schedules, there are certain things both the commander and the shift worker can do to decrease some of the factors that cause health and job-performance problems.

### Guidelines and tips for commanders

 Although workers seem to prefer fixed shifts that last for about a week, most experts now are convinced that these are far from optimal and can only produce satisfactory physiological adjustment if the shift workers are able to successfully adjust their off-work hours to a day-sleep/night-activity schedule. Otherwise they will suffer from both the disadvantages of rapidly rotating shifts and those of fixed shift work, without experiencing the benefits of either.

• One of the most common errors in scheduling sequential weekly shift or "trick" rotations is to rotate workers from mids to swing to days. This rotation requires the workers' physical system to phase advance by 16 hours weekly. What this comes down to is that the worker must make up eight hours during the next

week. And as soon as he or she gets synchronized, he or she is rotated again and must start the process over again. By using a phase delay shift rotation schedule, rotating days to swing to mids, we may be able to capitalize on the body's natural delay of one to two hours per day. However, if we continue to use a weekly shift, we still are playing catch-up in terms of the worker's internal clock.

• Recent research has suggested that using a phase rotation (from days to swing to mids), every three weeks, allowed for workers to adjust to work schedules and stabilize on the new schedule for about two weeks before they were rotated. This 21-day schedule with 5-days-on/2-days-off also was found to be associated with improved health and

morale, reduced absenteeism, and increased productivity. Survey results showed that after nine months workers preferred this schedule over other schedules. Research indicates that the use of natural scheduling of shifts will not entirely overcome the effects of swing or mid-shift work, but it probably would reduce some of the negative consequences associated rotating shift work. It would also be helpful to schedule as far in advance as possible.

• Schedule commander's calls, administrative requirements and additional duties as close as possible to the shift and maybe even during shifts. The administrative sections can be brought into the SCIF and shifts can arrive one half hour early, either at 2:30 p.m. or 6:30 a.m., to accommodate

both the administrative requirements and the shift worker.

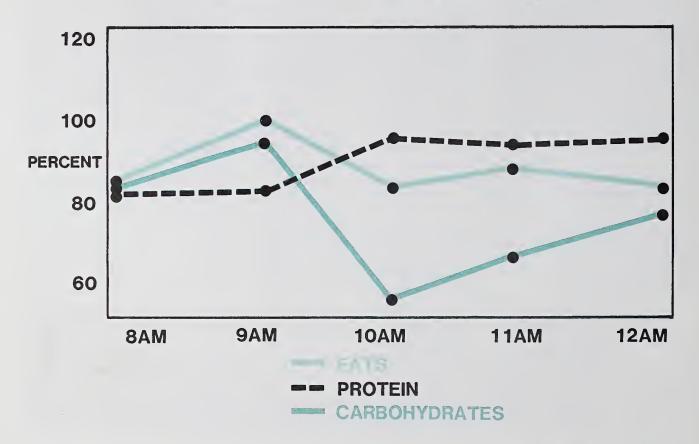
• Assign a physician or physician's assistant, on a periodic basis, to the facility to conduct sick call. This would certainly reduce lost time and absenteeism and improve morale.

• Provide biofeedback equipment and training in stress reduction activities for breaktimes. These procedures can further reduce the stress disorder costs related to shift work.

### Guidelines and tips for shift workers

• Proper diet and meal timing can contribute to improved health and productivity and reduced absenteeism. The body uses mealtimes and foods as important setters for rhythms.

### EFFECT OF VARIOUS CLASSES OF FOOD ON ENERGY LEVEL



This chart shows when meals should be eaten to coordinate with each shift.

SHIFT	BREAKFAST	LUNCH	DINNER
DAYS (7 a.m. TO 3 p.m.)	6 a.m.	11 a.m.	5 p.m.
MIDS (3 p.m. TO 11 p.m.)	2 a.m.	7 p.m.	1 a.m.
NIGHTS (11 p.m. TO 7 a.m.)	10 p.m.	3 a.m.	9 a.m.

This should involve scheduling high protein meals at what would be considered "breakfast" and "lunch" times. These meals stimulate the body's "activity phase." Supper should be high in carbohydrates and low in protein to stimulate the sleep phase.

• Beverages with caffeine should be avoided after 5 p.m. or within five hours of your normal sleep time. This goes for chocolates or certain headache remedies which contain large amounts of caffeine.

• The chart on this page shows when meals should be eaten to coordinate with various shifts.

• It may come as a surprise but a glass of warm milk at bedtime can be helpful in initiating sleep. This is because milk when heated produces tryptophan which stimulates serontonin production and biochemically signals sleep and REM activity in the brain.

• On your days off between shift rotation, try to prepare your body for the new shift by sleeping later on each of the two days you are off and stay up late to shift internal rhythms even closer to the next shift you are to work.

• On the day before your next shift eat a big protein meal at about 2 p.m. since this is now the normal breakfast for your new shift, which will begin tomorrow. Eat a high protein lunch at about 7 p.m. and eat a high carbohydrate dinner

at about 1 a.m. The next morning, stay up until about 8 a.m. to avoid trying to go to bed when the rest of the family is just getting activated. Then go to bed and sleep until about 2 p.m., get up, eat your high protein breakfast and head for work, with your internal clock more in synchrony with your new work schedule. These are recommendations adapted from Dr. Ehret's book, The Argonne Anti-Jet-Lag Diet. This book contains further details on your diet's ability to combat the effects of shift work.

• Avoid heavy or strenuous exercise, especially before bedtime; it tends to drive your pulse rate up and will cause a restless night's sleep. However, simple stretching just before bedtime can facilitate sleep. Sit on the floor and stretch your legs as far as you can, until they begin to hurt. Then do the same for your arms and torso. This process will prepare your body for sleep.

• Forget the use of sleep medication of any kind. They will actually produce insomnia by supressing the brain's production of dopamine. Like tryptophan, it is a neurotransmitter associated with sleep states.

• If all of this fails—don't push yourself. What is the worst thing that will happen? You'll have a sleepless night. Look on it as a small gift, a time to reflect on life; look at

the sky as it streaks with the changing light of morning. Sleep is one thing that you can't try to do—it just happens—let it!

### Suggestions to improve daytime sleep

- Make sure that your surroundings are compatible with daytime sleep. Insulate doors and windows from sound. Draw opaque blinds or shades. Use blackout curtains. Disconnect bedroom phones.
- Reduce conflict with the school schedule by going to bed after children have left for school or after they return and are calmed down.
- Use environmental sound tapes or white noise devices to create restful sounds or mask outside noises.
- Attempt to maintain the same schedule during the two-day time-off periods within your shift of two to three week's duration.
- But most important of all—be good to yourself! Schedule social activities and get togethers to match your shift schedule. Don't get caught in the trap of trying to lead a nighttime and a daytime life at the same time. You may be courting not only physical but emotional disaster.

(Editor's note: Maj. Kowal is the INSCOM Command Psychologist. If interested, contact him for the bibliography or more information on this subject.)

# ASA computer facility dedicated

by Col. Thomas M. Herrick

With the Commander of the **INSCOM Automated Systems** Activity (ASA), Col. Thomas M. Herrick, and the Chief of the Computer Systems Division, Lt. Col. Steve Weisel, looking on, Maj. Gen. Harry E. Soyster cut the ceremonial ribbon reopening Headquarters INSCOM's primary computer facility. The facility, commonly known as "Vault 3," has been under renovation for the past several months to install new air conditioning, plus electrical standby power in order to accommodate a new computer and associated state-of-the-art automation equipment.

The new facility will enable ASA to support the development and operation of the



With Col. Herrick looking on, Gen. Soyster cuts the ceremonial ribbon reopening Headquarters INSCOM's primary computer facility. (U.S. Army photo)

Army Threat Intelligence Production System for the Intelligence and Threat Analysis Center. The facility will also allow ASA to improve its level of automation support to both Headquarters INSCOM and Garrison personnel at Arlington Hall Station.

The 1985 "Vault 3" represents the combined efforts of many ASA automation professionals. The high point for these outstanding military and civilian professionals was an award ceremony. The follow-

ing individuals received recognition for their outstanding contribution in the completion of the "Vault 3" project: SFC Roger D. Davidson, AAM (1 OLC); PFC Karen M. Deleon, AAM; SSgt. Jerry M. Edwards, ARCOM; Sp5 Beverley M. Ellerbe, AAM; Sp4 John R. Herman, AAM (1 OLC); SSgt. Bruce W. Holleman, AAM; SSgt. Jerry D. Keene, AAM; SSgt. Michael T. Launse, AAM; Ms. Audry J. Lofton (DA), Certificate of Achievement; SSgt. Alice F. McSwain,

### Units\_

AAM; CWO2 Terry Misich, MSM (2 OLC); Sp4 Michael J. Stabler, AAM; SSgt. Barbara A. Tomeo, AAM (1 OLC); Sp4 Terry L. Turnbill, AAM; and Sp4 Christopher L. Wallace, AAM.

Gen. Soyster summed up the day's activities by telling the personnel of ASA and guests that he had reviewed all the extra things done, and congratulations were in order for all who had a part in accomplishing the opening of the computer facility.

Vault 3 has a long and color-

ful history as an automated support facility. As recent as 1974, the vault was used jointly by both the Signal Warfare Labs and the Command Data Systems Activity (CDSA) of the Army Security Agency. In 1977 the vault support area was expanded to include an input/output area and a magnetic media library. 1978 was the period, and Vault 3 the place where the "Triple Systems" were staged, tested, accepted, and deployed worldwide. Finally, 1978 was the year that CDSA became ASA as part of the INSCOM reorganization. 1980 saw a newer computer at ASA with improved storage, better printing capability, and a large user terminal network. This resulted in greatly increased user support. Although it wasn't until 1984 that the just completed renovation was begun, the intervening years witnessed the introduction of new software capabilities, plus the distribution of an ever increasing number of computer terminals in support of user requirements.

### FS Berlin wins award for maintenance excellence



Doing the work that nobody in the Army did better last year than the maintenance section at FS Berlin, Sp5 Michael Roberts puts a deft touch to some very complex machinery. (U.S. Army photo)

by David Porreca

Recently, the Army Chief of Staff's Award for Maintenance Excellence for 1984 was presented to Field Station Berlin. The Electronic Maintenance Division (EMD) of FS Berlin competed against 12 other major command representatives worldwide for the honor.

The EMD was named the Army's top unit in the Table of Distribution and Allowance Heavy Category (units with 1,000 or more pieces of equipment).

The EMD won the award based on its Unit Maintenance Profile (UMP), a 12-month profile of maintenance data in the areas of readiness, training, management, cost savings,

### Units.

and innovation. A Department of the Army board of maintenance officers, warrant officers, and NCOs evaluated each unit's UMP to arrive at a winner.

Before winning the DA-level award, EMD won the Intelligence and Security Command's nomination as its representative in the TDA Heavy Category. EMD achieved this by scoring 98 percent on INSCOM's annual Command Maintenance Inspection. This marked the third time EMD has won the INSCOM Commanding General's Plaque for

Maintenance Excellence.

CWO2 Edmund Chapin, chief of the EMD, attributed his unit's success to a combination of maintenance teamwork and high readiness rates. According to Chapin, EMD's readiness rate for 1984 was 99.6 percent.

### SSG has change of command and relocates to AHS

The Special Security Group (SSG) Change of Command Ceremony was conducted January 14, 1985 in the Conference Room of the Assistant Chief of Staff for Intelligence at the Pentagon. Col. Arleigh Waterman assumed command of the Group from Col. George Campbell, with Brig. Gen. Scanlon officiating at the ceremony and passing the colors.

Attendees included Lt. Gen. Odom, Assistant Chief of Staff for Intelligence, and Brig. Gen. Hyman, Director of Intelligence Systems. Col. Waterman's previous assignment was on the DCSOPS staff, stationed at Fort Meade.

Before and after the change of command, the headquarters of the SSG was in the process of moving from the Pentagon to temporary quarters at Arlington Hall Station (AHS). Initial elements moved in December, and the remainder of the headquarters moved in late January. The DA Staff Detachment remains in the Pentagon and will continue its support at that location. SSG experienced approximately two and onehalf days of operational down time with its move to AHS. An official welcome to AHS is being planned at the completion of a second move to refurbished facilities at AHS, scheduled in the near future.



Members of the Special Security Group are (left to right) Sp5 Ricky Hill, Sp5 Ilvin Bush, Sp5 Jeanette Poole, Sp5 Gardenia Hutchinson, Sp5 Virginia Phillips, Sp5 Juanita Willoughby, SSgt. Max Dunn, Sp5 Toni Mitchell, and Capt. Christopher Spoleti. (U.S. Army photo)





### East meets West in Hawaii

by SSgt. Vicki Ohmacht

East meets West in the 50th state called Hawaii. The only island state, Hawaii blends the customs of many lands in a fascinating mix of Oriental and Western cultures.

Hawaii's people are young; more than half are under 30. Moreover, everyone in Hawaii is a member of an ethnic minority ... no single racial group constitutes more than about one-third of the population.

The people of Hawaii can trace ancestry to many ethnic and national groups of the world-Asian, Polynesian, European and others. While ancestral languages are still heard in Hawaii, English is universally used. The native Hawaiian language is also an official state language and it is often used on emblems and symbols representative of the state. Hawaii's citizens are American, about 86 percent of them born under the American flag and educated in American schools. Since World War II, more than one out of three marriages in Hawaii have been interracial, which has further

contributed to Hawaii's extremely cosmopolitan population.

Since the 1950s, Hawaii has enjoyed an explosive economic growth. It became one of the fastest growing states in the union.

The rapid development of air transportation, culminating in larger and faster jets, has brought more and more visitors to the islands and tourism has become Hawaii's largest source of basic income, followed by Federal military expenditures. In 1983, tourism poured more money into the economy than all agricultural products combined. Construction boomed in the 1960s and early 1970s as facilities were provided for visitors and for Hawaii's growing population. High-rise buildings mushroomed in Waikiki and major resort areas developed on Maui, Hawaii, Kauai, and Molokai.

Other industries also have grown. Fashion designs and apparel manufactured in Hawaii have earned a worldwide reputation.

Efforts are underway to increase the production of agricultural products such as coffee, macadamia nuts, papaya, guava, passion fruit, and tropical flowers and foliage. In addition to the planned increase in production, more markets are planned for the exportation of these commodities.

Hawaii now refines oil, manufactures cement, mills flour and even has a small steel plant.

Because Hawaii depends almost entirely on imported petroleum for its energy requirements, the state has vigorously promoted alternate energy resources with promising prospects. These include solar, hydroelectric, wind, geothermal, biomass, and ocean thermal energy conversion.

Hawaii is the heart and nerve center of American defense activity in the entire Pacific basin. Located on the island of Oahu is the headquarters of the Commander in Chief, Pacific (CINCPAC), the command for all U.S. forces in the Pacific, Far East and Southeast Asia.

# FIELD STATION KUNIA

The islands are also host to the largest permanent military establishment in the Pacific. In 1983 there were 59,021 activeduty military personnel in Hawaii, and 66,252 family members. The Navy alone accounts for about two-fifths of the current total. The Armed Forces are supported by about 20,400 civilian employees.

In 1982, the U.S. Depart-

ment of Defense spent an estimated \$1.7 billion in Hawaii on military and civilian payrolls and on goods and services.

In addition to the naval base at Pearl Harbor, and the naval air station at Barbers Point, there is the swift mobility and hard-hitting amphibious punch of the Pacific Marine Force. The senior Marine Corps command headquarters

is at Camp H.M. Smith at Halawa Heights, Oahu. The 1st Marine Brigade, an integrated air-ground force of an infantry regiment, a Marine aircraft group and supporting troops, is based at Kaneohe Bay, Oahu.

The majority of Army troops on Oahu are stationed at Schofield Barracks, home of the 25th Infantry Division. Fort



Oahu is not all beaches and palm trees. The mountains offer breathtaking views, including this one from Kolekole Pass. The Japanese forces used the Pass to bomb Schofield Barracks during the attack on Pearl Harbor. (Photo by SSgt. Vicki Ohmacht)



Shafter in Honolulu is headquarters for the U.S. Army Western Command. Fort DeRussy, at Waikiki, is an Armed Forces Recreational Area, while Fort Ruger, on the slopes of Diamond Head, is headquarters of the Hawaii National Guard. Tripler Army Medical Center is also under the jurisdiction of the U.S. Army.

The U.S. Air Force traces its history in Hawaii to before the 1920s, but it was not until 1957 that Headquarters, Pacific Air Forces, was established at Hickam Air Force Base on Oahu. Unification of Pacific Air Forces was an historic "first" for it marked the first time all U.S.A.F. fighting forces assigned to the Pacific and Far East areas were consolidated under one command.

### Summer year-round

In Hawaii you can choose your climate, but the persistent pattern is a combination of cooling trade winds and equable temperatures throughout the year. Rarely are there severe storms of any kind.

The northeasterly trade winds bring the rain-bearing clouds, which are caught by the mountains. Thus, there is an enormous range of rainfall, with the windward sides of the islands being generally wetter than the leeward.

Waialeale on the Island of Kauai has an average annual precipitation of 451 inches, and is one of the wettest spots on earth, although there are areas on the same island, only a few miles away, that have a rainfall of less than 20 inches a year. The driest spot recorded is Puako, on the Big Island, with an average annual rainfall of 9.47 inches.

The 1982 annual average temperature was 76.9 degrees at Honolulu International Airport. Yet, in the mountains just a few minutes away, lower temperatures are found. Snow is found during winter months on the summits of Mauna Kea and Mauna Loa. The highest temperature ever recorded in the State was 100 degrees, in 1931.

The Hawaiian Islands were spewed up from a 2,000-mile fault at the bottom of the Pacific in an underwater volcanic cataclysm hundreds of thousands of years ago. Yet Hawaii is still a land in the making. When erupting, its two active volcanoes are among the most spectacular in the world and are the least harmful to human life.

The "Big Island" of Hawii is the home of active volcanoes. Some eruptions are spectacular and lengthy. Others last only a few hours. They are generally identified as being eruptions of either Mauna Loa or Kilauea.

Mauna Loa is the world's largest active volcano. One major eruption (23 days) was in 1950, producing at that time the largest flow of lava known in historic times. In mid-1975,

a short-lived 18-hour eruption followed a series of small earthquakes. On March 25, 1984 Mauna Loa erupted at the 9,400 foot level with a steady flow of molten lava. Residents braced themselves for a long-term siege but the phase ended in mid-April 1984.

Although the power of an active volcano is awesome, people flock to see an eruption. Hawaii's volcanoes do not spew out the heavy cloud of ash which has proven disastrous in other volcanic areas of the world. With reasonable precautions, the activity can be watched and photographed in safety. While lava streams near the mouth of a crater have been photographed at speeds estimated at 36 or 50 miles an hour, the cooling magma soon slows its pace, and becomes a slow, steaming mass, irresistible, but easily avoided.

The volcanoes were considered to be the home of Pele, the fire goddess, and are the sources of many Hawaiian

legends.

Mauna Kea (13,796 feet) and Hualalai (8,271 feet)—the latter last erupted in 1801—are classified as dormant volcanoes, as is the enormous crater Haleakala, on the island of Maui. Haleakala last erupted low on the mountain near the sea about 1790. The many other volcanoes in the islands are considered extinct.

(Editor's note: Information courtesy of the Hawaii Visitors Bureau)

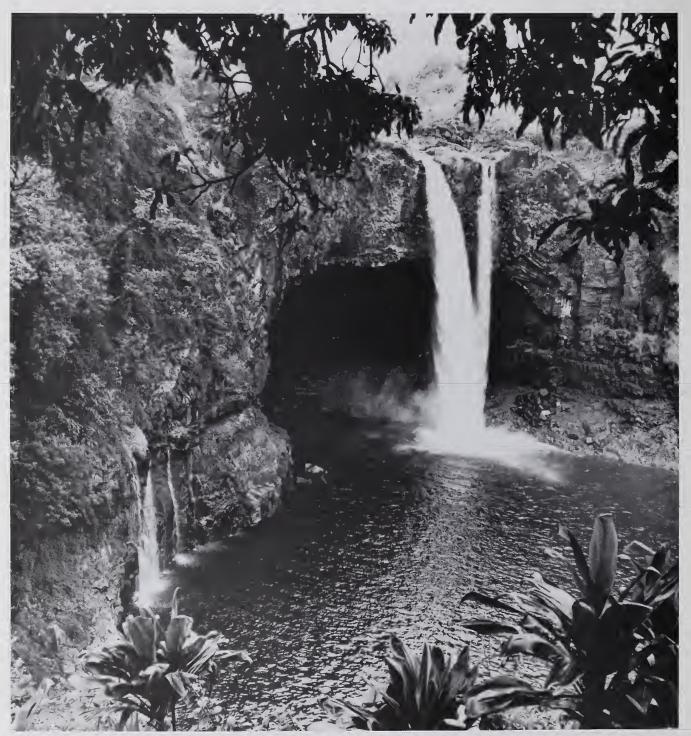
### FIELD STATION KUNIA





Miles of fine white sand beaches in Waikiki attract thousands of visitors monthly. The view of Waikiki includes small strip of beach that borders Ala Moana Park, the Ala Wai Boat Harbor, and some of the famous hotels. Diamond Head is in the background. (*Photo courtesy the Hawaii Visitors' Bureau*)





Rainbow Falls is located just a few minutes from the port town of Hilo on the big island of Hawaii. (Photo courtesy of the Hawaii Visitors' Bureau)



### The legend of Hawaii

What does the word Hawaii mean? Does Hawaii have a flag, seal, motto and song? If so, what are they?

Legend says that "Hawaiiloa" was the name of the original discoverer of the islands and that he named this group of islands after himself.

Although Lahaina, on the Island of Maui, and Kailua-Kona, on the Big Island of Hawaii, were by turn the capital towns of old Hawaii, Honolulu was made the official capital city in 1845 by King Kamehameha III.

The name "Honolulu" is translated "sheltered harbor" or "fair haven," and "Waikiki" means "spouting water."

The state flag was designed for King Kamehameha the Great in 1812. It has been the flag of a kingdom, republic, territory, and state. It employs red, white, and blue in eight stripes—symbols of the eight main Hawaiian Islands—with

by SSgt. Vicki Ohmacht

the English Union Jack in the corner. (This last touch, no doubt, is an adaptation from the first flag presented to Kamehameha by English explorer George Vancouver).

The official seal is an adaptation of an ancient royal coat-of-arms. Kamehameha the Great is on the right side and on the left is a goddess holding a partly unfurled flag. A phoenix bird, taro leaves, banana foliage and ferns are beneath the heraldic shield.

The motto of Hawaii is also on the seal—"Ua Mau Ke Ea O Ka Aina I Ka Pono," meaning "the life of the land is perpetuated in righteousness." The hibiscus is the official flower of the state. The kukui is the official tree (the nuts from the Kukui were used as candles in early Hawaii), and the "nene," a rare Hawaiian goose, is the official bird.

Linguists have described the Hawaiian language as one of the world's most fluid and melodious languages. It is very simple, despite the sometimes formidable length of the words.

The alphabet contains only 12 letters—a, e, i, o, u, and h, k, l, m, n, p and w—and vowels fall all over each other in this most liquid of tongues. A relaxed approach to pronunciation, backed by some simple technical rules, makes the language easy. Sound each letter; pronounce "a" as in father, "e" as in they, "i" as in machine, "o" as in no and "u" as in too. Consonants have the same sound as English with one exception—when "aw" is next to the final letter in a word it is sounded as a "v" "Hawi" is pronounced Ha-vee but "Waikiki" is pronounced Wai-kee-kee.

(Editor's note: Information is courtesy of Stone Publishing, Inc.)



### Hawaii, winter wonderland

The people of ancient Hawaii once relied on the ocean for survival.

The people of modern Hawaii continue to view the seas as a source of income, but the waters surrounding the islands have become a year round recreational playground.

The four major services all take part in this spring, summer, fall and winter wonderland. Each service can claim its own recreational opportunities, from the Marines at Kaneohe, the Navy at Pearl Harbor and Barbers Point, the Air Force at Hickam Air Force Base, to the Army at Waianae, Fort DeRussy, and Mokuleia.

Swimming, the basic water recreation, is available on all but one installation, Pearl Harbor. Enjoy a "dip" at Fort DeRussy in the middle of famed Waikiki, or if you prefer a quieter atmosphere, enjoy Mokuleia on the famous North Shore.

Most of the beaches have lifeguards on duty, and personnel and their families are by Sp4 Don Preussler

advised by officials to stay off beaches without lifeguards. Kaneohe is the site of the annual lifeguard competition for those people who would like to catch their favorite in action. Other special events at Kaneohe include international surfing and boogie-board competition.

Kaneohe also has many recreational activities available for the non-competitor. Take a 30-hour scuba course for only \$65 and enjoy the abundant marine life there.

The more adventurous soul can check out the marina. Rentals include sailboats and ski boats. All of these are renter-operated and include an open water sailing course, or an overnight sailing stay at a small island off the peninsula.

Sailing is also available on Pearl Harbor at the Rainbow Bay Marina. In six one-hour lessons, you can be licensed to rent and operate any of the sailboats at Pearl Harbor. They also have group lessons for three or four people for as low as \$30 each.

Catamarans, paddle boats and canoes are just a few of the boating opportunities available at Fort DeRussy. If you prefer fun on the beach, they also have two-player volleyball courts and a set of racquetball courts. In the Barefoot Lounge, you can enjoy cool refreshments while observing the patrons on the beach.

Catamarans are also available at Hickam. If that is a little slow or fast for your liking, take a spin at two island favorites: windsurfing and ski boating. The ski boat comes with all the necessary equipment, including a driver. All you have to do is hang on.

Windsurfing is rapidly growing in popularity, and the instructors at Hickam will help you get rolling on the waves. After being certified, the equipment is available for rent at your convenience.

For the fishing enthusiast, a deep sea fishing vessel is available for rental. A party of six

# FIELD STATION KUNIA

can enjoy battling the big fish of the Pacific, beginning at \$35. This price includes all equipment and the skipper. If you prefer keeping your feet on dry land, there are several areas where you can fish from the shore and picnic with your family.

Deep sea fishing is also a highlight at Waianae. The terms are the same as at Hickam. All you need to provide is your own beverage, food and fun.

An open mess club is available at Bellows Resort. They have sailboats and catamarans for rent with certification. Like

the other beaches, the surf can be conquered with a rented boogie-board or snorkel set.

No matter which of the fabulous resorts you decide to visit, a place to stay is never a problem. The Hale Koa Hotel at Fort DeRussy is a luxurious resort. For those who prefer a more basic vacation, try renting your own beach cottage.

Kilauea Military Camp offers cottages and a variety of activities on the big island of Hawaii. It is located inside the rim of the old crater of Kilauea Volcano at the 4000-foot level. Facilities and services include

transportation between Hilo and the military camp, a theater, chapel, dispensary, post exchange and golf course.

Bellows, Waianae, and Barbers Point all have cottages available for rent. These include two-person dormitories to three bedroom specialty houses. All are fully furnished with equipped kitchens.

If the outdoors is more to your liking, camping areas are accessible at Mokuleia, Kaneohe, and Bellows. Don't worry about equipment. All necessary supplies can be obtained from the rental agencies on these posts.



Sea lions nuzzle wet kisses at Sea Life Park's feeding pool. Sea Life Park, near Makapuu Point in Waimanalo, is internationally known for its display of marine life. (Photo by Nicky Clancy, Sea Life Park)





Visitors can witness the traditional preparation of fire for ceremonial luaus at the Polynesian Cultural Center. Field Station personnel and their families visit the Center free of charge during the inprocessing. (Photo by Sp4 Torry Mapp)

### The Rites of Passage Program

"Most units say, 'Welcome on board, this is your desk, go to work,'" Maj. Theodore Jones, 1st Operations Battalion Executive Officer, said. "Here at Field Station Kunia, we give new soldiers a set of experiences and training to become members of the field station team."

by SSgt. Vicki Ohmacht

Jones is talking about the Rites of Passage Program that began at Kunia in June 1984. The requirements, ranging from a diagnostic physical training (PT) test to a tour of the Arizona Memorial, are designed "to get the soldier off

on the right foot," he added.

Conducted in three phases, the program kicks off with a urinalysis test, a weigh-in and the PT test. Phase II includes a newcomer's briefing, security training, and water safety instruction. Tours to the Polynesian Cultural Center, Punchbowl National Ceme-

# FIELD STATION KUNIA

tery, and Pearl Harbor are also offered to the soldiers and their family members.

"It is a good program because people who can't normally get out, especially someone living in the barracks, gets a chance to know the island a little better," Donna Richards said.

Her husband, Sp5 John Richards, agreed. "I have been in units where I was on my own (during inprocessing)," he said. "No sponsor, no help. Here, my sponsor picked us up at the airport, took us to the hotel, had us over for Christmas dinner, and took me to work until my car arrived."

The Polynesian Cultural Center is the highlight of the program, according to one soldier.

"I enjoyed the opening ceremonies and the villages. It shows the different types of culture that are on the islands," PFC Joseph Connors said.

The tour acts as an orientation to the islands, according to PFC Ronald Tucker.

"The tour showed the different places you can go on the islands and how to get there," Tucker said.

Phase III involves on the job training and certification by section officials as to the soldier's ability to perform his duties. Certificates of completion are issued at a monthly graduation ceremony.

Like other Rites of Passage

ceremonies, the certificate marks a turning point in the soldier's assignment, according to Jones.

"Col. Bowe (the field station commander) points out that there are many kinds of rites of passage, and these are always marked by certificates," Jones explained. "For example, you receive birth certificates, marriage certificates, and high school diplomas.

"It is the same with our Rites of Passage Program," he added. "We conduct the ceremony so that soldiers can formally consider themselves on board and part of the field station team."

Names of soldiers completing the program will be engraved on a plaque that is scheduled to be mounted near the field station entrance.

"It is an honor roll for the

soldiers who have served here," Jones said. "In years to come, they will be able to come back here and see their name as a permanent part of the field station."

Names of soldiers who arrived here before the Rites of Passage Program will also be included, he added.

The program receives high marks from incoming personnel, Jones went on to say.

"The remarks overall have been quite good on the critique sheets," he said. "A lot of people don't like the PT test or the urinalysis, but that is a mandatory requirement of inprocessing.

"What makes me feel that it is worthwhile is when a soldier will say, 'now I know what it means when the Army says it takes care of its own,'" he added.



Pearl Harbor is the final resting place of the USS Arizona, the battleship that entombs the remains of more than 1100 Navy men and Marines who defended the ship during the Japanese attack on December 7, 1941. (Photo by Sp4 Torry Mapp)





Sp5 Georgia Wilson studies education tapes in the Field Station's Learning Center. The Center offers language and college level instruction, as well as varied scholastic opportunities. (Photo by SSgt. Vicki Ohmacht)

### Land of work and play

When personnel and their families leave Field Station Kunia in Hawaii, they leave with mixed emotions and a variety of memories.

A pineapple field for a roof that is watered and fertilized regularly.

An aerobic workout climbing three flights of steps just to get to the main entrance.

A hard won respect from

by SSgt. Vicki Ohmacht

other military units, earned from outstanding performances at NCO development courses, through community service, and on the athletic field.

A mystique extends to all reaches of the islands, fueled by too many James Bond movies and cloak-and-dagger novels.

And the reputation of being the best assignment in INSCOM.

True or not, it has to be the most unique assignment soldiers will ever experience. The field station is located on the island of Oahu, the state's center of activity. Hawaii is everything you have heard, and more. Blending mainland life with exotic Polynesian tradi-

# FIELD STATION KUNIA

tions, Hawaii quickly becomes a home away from home for most newcomers.

The field station itself is almost an island tradition. Dubbed the "tunnel" since its construction in 1945 by the Army Corps of Engineers, it was originally built as an aircraft assembly plant. There is no historical evidence, however, to prove it was ever used for that purpose. Used during World War II for topographic work of Japanese held islands, the Commander in Chief, Pacific Forces (CINCPAC) used the complex as a command center in the 1960s. In 1980, the United States Army assumed control of the complex further support CINCPAC.

The building is not a true tunnel. It was built as a free standing, three-story structure, then covered with earth. Although the outer structure has remained unchanged in its 40-year-history, the interior of the tunnel has received major cosmetic surgery. A barber shop, Army and Air Force Exchange Service (AAFES) snack bar, dining facility, and learning center have been installed since 1980. The recent arrival of the Weaponeer Training System gave the field station the ability to conduct its own marksmanship training inside the facility.

A 24-hour weight room was also constructed recently with the latest in exercise equipment. Future plans include expanded shower facilities, racquetball and tennis courts,



ITIC-PAC soldiers and family members paddle in the shadow of Field Station Kunia during INSCOM Day activities. (Photo by SSgt. Vicki Ohmacht)

and an expanded softball field to meet league requirements. A track is also under construction around the field station pond.

Education and leadership training are constant priorities at the field station. A two week Non-commissioned Officer Development Course is held monthly to educate and prepare soldiers for duty as non-commissioned officers. Field station soldiers also attend the Army Leadership Management Development Program at Wheeler Air Force Base. Junior and senior NCOs attend monthly Non-commissioned Officer Development





Sgt. David Aeschliman, and wife Janice, play with their two sons, Jason (left) and Joshua, outside their Schofield Barracks home. Military housing is available at several locations on Oahu. (Photo by SSgt. Vicki Ohmacht)

Program classes. Topics range from leadership to equal

opportunity.

Other soldier development programs include the Soldier of the Month/Year and Rites of Passage programs. The Soldier of the Month program has produced soldiers like Sp4 Debra Larson, who placed second in the INSCOM Soldier of the Year competition recently. The Rites of Passage itinerary includes a trip to Punchbowl Na-

tional Cemetery, the Polynesian Cultural Center, and the Arizona Memorial.

Civilian education is offered by three area colleges. The University of Hawaii at Manoa, Chaminade University of Honolulu, and Hawaii Pacific College offer courses both on and off post. Most of the major degree subject areas are available. The University of Hawaii also operates satellite campuses around the islands, to include Leeward Community College. Leeward is located ten miles from the field station facility.

The field station is supported by the Western Command (WESTCOM) and the U.S. Army Support Command Hawaii (USASCH) located at Fort Shafter. Field station personnel assigned to post housing are integrated with soldiers of these commands. Housing is available on Schofield Barracks. Wheeler Air Force Base. and Aliamanu Military Reservation, commonly known as Red Hill. The Schofield homes are found three miles from the field station, and the Red Hill housing is located near Fort Shafter. The waiting period for housing varies from month to month, but the average waiting time is six months for junior enlisted quarters. Civilian housing is available off post. Medical matters are handled by the Schofield Barracks Health Clinic and Tripler Army Medical Center near Fort Shafter.

Military shopping facilities are located around the island. Commissaries, post changes, shoppettes, laundries, post offices, and other convenience stores are offered on Schofield Barracks, Hickam Air Force Base, Fort Shafter, and Pearl Harbor Naval Station. The field station's battalion headquarters is located on Wheeler Air Force Base two miles from the tunnel. Wheeler offers limited services to include a shoppette, post office, and beverage store.



Brenda Crow helps her two-year-old son, Michael, in the water balloon toss competition held during Family Appreciation Day. (Photo by SSgt. Vicki Ohmacht)



Five-year-old Jeffrey Archer takes a king size bite out of a shaved ice cone, a treat of the islands. (Photo by SSgt. Vicki Ohmacht)

### Family programs

"The philosophy is that a happy family produces a happier soldier. It is very important that the field station cares about the families of its employees," said SSgt. Robert Diehl, Human Relations and Equal Opportunity NCO.

"Field Station Kunia's family programs are geared toward this philosophy," Diehl continued. "Spouse Appreciation Night, Family Appreciation Day, and the Kunia Support Group made their debut in

by SSgt. Vicki Ohmacht

1984 to support and recognize the families and their contributions," he stated.

Field Station representative Isora Williams said, "The Family Liaison Action Group, a WESTCOM sponsored organization, is also available to family members. It is geared toward promoting better communication between Army families and the chain of command."

The Kunia Support Group organized several activities in its first year. At their annual Christmas party, held at Wheeler Air Force Base, they entertained more than 90 children in three hours of fun and games.

One of their on-going projects deals with the recreation area's beautification program. "We are trying to get another Family Day going where everyone can get together to work on the recreation area. It





Terri Brandvold (R) directs the Cullen children-Samantha (L), Matthew (foreground), and Amanda (center)— during the Kunia Support Group's beautification of the recreational area. Brandvold is FS Kunia's first ombudsman. (Photo by SSgt. Vicki Ohmacht)

would be like an old-fashioned barn-raising where you work all day and, later in the evening, everyone would enjoy the food that the participating members had brought earlier in the day," commented Anita Cullen, group president.

Future projects under consideration by the Support Group are the possible publication of a cookbook and their potential involvement in fund

raising programs.

"These activities give family members an opportunity to team together with people in the same situation," Diehl said. "Spouses have a need to get together and form a support base to talk about their problems and frustrations. On

tours, it gives them a chance to see this mysterious place where their family members go to work every day!"

Soldiers are encouraged to bring their family members to the monthly welcome and orientation briefing held inside the facility. The briefing includes representatives from the Army Community Service, the Chaplain's Office, the local health clinic, and the Comprehensive Family Support Group. Briefings on related subjects are presented.

In promoting family health, a Family Fitness Center opened recently at nearby Schofield Barracks. Open seven days a week, the center offers aerobic and weightlifting programs, as well as health and weight control information. Nautilus equipment and weights can be used without charge.

According to Diehl, Army officials have really pushed the family concept in the last few years. The idea is that the family supports the soldier as the soldier supports the Army. Soldiers who have problems with their family members usually bring their problems to work with them. "We are always going to do more and better things for the families," he said. "There is no limit to what we can do here. The bottom line is that family programs are alive and well at Kunia."



# High performance programs

by SSgt. Vicki Ohmacht

A high performance car differs from the average automobile. Its efficiency and superior operation set it apart from the run-of-the-mill car on the street.

A high performance unit also differs from the average field station. Its efficiency and superior operation is noted throughout the INSCOM theater.

In pursuit of this goal, Field Station Kunia has started several high performance programs created in the civilian community and tailored for the military audience. With titles like "New Age Thinking" and "Neuro-Linguist Program," among others, the field station agenda is geared toward coping with change, according to program manager SSgt. Leslie Vick.

"The whole purpose is to show people that there is a different way of thinking in the military today than there was 50 or even 20 years ago," Vick said. "NCOs are wrong if they believe that delegating authority means losing control. They will have authority and control if they handle matters correctly. That is part of new age thinking."

New Age Thinking is a series of 15 one-hour videotapes narrated by Dr. Lou Tice, an award winning psychologist. His instruction attempts to change our way of thinking, according to Vick.

"He teaches you to look at the whole picture instead of just a portion of it," Vick said. "We support the tapes with manuals and have presented the program to more than 150 people in the last year."

"We saw one tape entitled 'What To Do Until The Psychiatrist Arrives.' It was funny, but it made you think," said Sgt. Peri Chesney of Alpha Company. "The narrator's point was if you can laugh,

you have everything. It made people realize they could go ahead and meet new challenges."

Another series of tapes used as a high performance measure here is "The Psychology of Winning," by Dr. Dennis Waitley. Waitley is known for his work with the returning Vietnam prisoners of war, and the Apollo astronauts. The 30-minute tapes teach self-esteem and self-discipline.

Time management is the subject of a third series of videotapes narrated by actor Christopher Reeve. Designed for supervisors, the 30-minute tapes offer guidance in delegation of authority, time and people management. Although the program is set in a civilian atmosphere, soldiers can apply the same principles to their work.

"Most people get something out of viewing the tapes. In one section, a supervisor





PFC Renard Alston (left) and PFC James Kantner read the minutes of a previous quality circle meeting. (Photo by SSgt. Vicki Ohmacht)

started keeping a detailed calendar that was suggested in the program. It showed projected work loads, and he had his subordinates maintain a weekly log," Vick said. "This way, they were never caught by surprise, and when it came to delegating authority down to his people, one person didn't get the whole brunt of it."

Stress management is another key factor in the high performance programs. The field station's biofeedback training leads the pack in this area, accompanied by a five part videotape and relaxing techniques. More than 400 personnel and their family members have been involved in the biofeedback program since its

beginning in 1984, according to Vick. Individual counseling is also conducted.

A Neuro-Linguist Program is also on tap for Kunia. Simply translated into "body language," the Neuro-Linguist Program will teach people the vocabulary of body language as they learn how to read an individual's reactions through their body placement.

The newest addition to the high performance series of programs has been quality circle training. A quality circle is a small group of people who meet on a regular basis to analyze and attempt to solve problems, according to Cliff Bourg, the Anniston Army Depot quality circle coordinator. Bourg visited the field station

in 1984 to help organize the program.

"It gives people the tools to solve a problem," Bourg commented during his trip here. "A quality circle is nothing more than concerned individuals who perform related work and meet one hour a week to identify problems and, whenever possible, implement their solutions."

"We have five quality circles here at Field Station Kunia," said Vick. "The high performance programs are all geared toward a more efficient field station. We have the interaction of the junior soldiers. Management doesn't have all the ideas; we need the ideas and suggestions of the younger soldiers."

# FIELD STATION KUNIA



Sonya Preussler poses for a picture with country and western star Charley Pride after his recent concert in Hawaii. Sonya is a Field Station Kunia family member. (Photo by Sp4 Don Preussler)

### Charley Pride sings

Field Station Kunians were treated to two hours of pride recently at nearby Schofield Barracks.

This pride was not the military kind, but a country and western legend. Charley Pride, one of the country's top male vocalists, performed at the Conroy Bowl at Schofield Barracks for a large crowd of military and civilian personnel.

The concert kicked off at 7 p.m. and Pride was only allowed to leave the stage after a double encore that included a

by Sp4 Don Preussler

15-minute medley of his early hits like "Kiss an Angel Good Morning." Pride referred to his concerts here in Hawaii as a "homecoming," reminiscing on his military assignment at Fort Shafter in Honolulu.

Concert highlights included instrumental solos during the rendition of "Orange Blossom Special." Pride dedicated what he called his "most requested" song, "Crystal Chandelier," to a 12-year-old girl who had

achieved her American citizenship earlier that day.

"I was very happy that the concert was that good," Sp4 Vandell C. Rhoden of Bravo Company said. "I really enjoyed myself and I hope they bring in more concerts."

"The concert was a huge success," Vanita Rae Smith, Chief, Music and Theater Branch at Schofield Barracks, said. "'Upcoming attractions include country and western performers Boxcar Willie and Mickey Gilley," she added.





### World's most famous playground

by SSgt. Vicki Ohmacht

Hawaii has been called the world's most famous year-round playground. Everything from outrigger canoeing to deep sea fishing is available in this mild, tropical climate.

Water sports lead the list. Participants can scuba, skindive, swim, and fish in several locations around the islands. Hiking and hunting trails are found in the islands' green mountains. Some of the largest marlin in the world have been hooked in island waters.

The personnel and family members of Field Station Kunia can take their choice in this athletic potpourri. Traditional mainland sports are also available. Field station personnel have left their mark on the military community by winning several titles and championships in local competition. Soccer, racquetball, and weightlifting competitions are also held regularly on military installations.

The field station outrigger

canoe team participates annually in different island regattas. The regattas feature more than 18 teams competing in different age categories and distances, from youths to a master's division for adults over age 35. More than 2000 paddlers and spectators pack the island beaches at each of the regattas. The day begins at 9 a.m. and ends at 4 p.m. During these hours the onlooker can witness a cultural exchange as the crowd enjoys ethnic food and traditional entertainment before returning to the demanding sport of canoeing.

Hawaii also offers professional baseball, a full season of football ending in the Hula Bowl, basketball, an annual PGA Golf Tournament, and a polo season. Hawaii's 50,000-seat Aloha Stadium features air-supported movable stands which adapt to baseball or football seating configura-

tions.

#### Family album

### 513th MI Group essay winner

by Mark Bender and Odis Love

For her essay, "The Black American Family," 1st Lt. Renee I. Spencer was recently awarded first place in the 513th Military Intelligence Group's Black History Month Essay Contest.

A native of Wilmington, Del., and a graduate of St. Augustine College of Raleigh, N.C., Spencer reported, "English has always been one of my favorite subjects." She had previously received a \$1,000 scholarship in essay competition in her freshman year at St. Augustine.

Spencer is an Adjutant General Corps Officer commissioned through ROTC. Initially assigned to the Office of the Adjutant General at Fort Lee,

Va., she is presently the Assistant Adjutant of the 513th MI Group.

Her essay was judged by a panel of five judges comprised of officers and NCOs representing a cross section of the 513th. Scoring the entries on a scale of one through ten, Spencer's essay received 41 points of a possible 50. "The Black American Family" follows:

# The Black American Family

There are no better words than those of an ole' Negro spiritual that can best describe the black American family— "we've come this far by faith."

The ideas that are before you are not based on perceptions of someone who has lived in a black neighborhood for three or four years, or someone who has earned a Ph.D. in Afro-American studies—nor is it based on the studies gathered from social workers, psychologists, or physicians who have

by 1st Lt. Renee I. Spencer

worked for many years telling black folks how to raise their families.

The only person to best describe the black American family is someone who has shared the social, ethnical, religious, cultural, and economical experiences of this vast majority of people—*a black American*.

Over the past 24 years I have witnessed the black American

family, to include my own, grow from the welfare roll to the pay roll; from the projects of the ghetto to a home in the suburbs with a two-car garage; from a single-parent household headed by the "mama" to a two-parent home with no longer a "mama" but now a mother and father; from cotton-pickers, factory workers, school teachers, and garbage collectors to doctors, lawyers, chemists, sanitation engineers (which by the way is

#### Family album



1st Lt. Renee I. Spencer was recently awarded first place in the 513th MI Group's Black History Month Essay Contest. The award was presented to her by Col. William A. Bentz, Commander, 513th MIGP. Lt. Spencer is the Assistant Adjutant of the 513th MI Group. (U.S. Army photo)

a sophisticated term for garbage workers), and even black female officers in the United States Army. We've come this far by faith.

Today in America, there are job lay-offs, salary cuts, high rates of divorce, and numerous suicides. However, through it all black American families still survive. We have learned to live with salary cuts because there was really no salary to speak of; we can handle separation and divorce for the single-parent family was

often the atmosphere that we experienced; and we can definitely relate to job lay-off because so often through institutional racism we were the last hired and the first fired.

Having experienced such a life style has better prepared us for the economic changes that America is witnessing. Our statistics may be high on the welfare charts, and we make the lines long in the unemployment lines, but we don't and won't lead the growing number of suicides.

We've learned to survive. We've come this far by faith.

In 1985 we as black Americans may become more selective in our marital and religious preference; we will climb the economic ladder to success; we may change our vocabulary from "ain't" to "are not"; and we may elect to eat watermelon at home away from the public; but the one thing that will never change is that we are, and will always be, a part of the black American family.

#### Family album

### Soldier's son enlists in the Army

by SSgt. Vicki Ohmacht

A Field Station Kunia soldier added a new touch to the recruiting scene recently as he watched his 18-year-old son enlist in the Army.

Sp5 Ralph J. Allocco, 41, stood quietly by as former battalion commander Lt. Col. John L. Carter, Jr. enlisted Allocco's son, Robert, in ceremonies at Wheeler Air Force Base. Pvt. Robert Allocco will

graduate from basic training at Fort Dix, N.J. before heading for Fort Sam Houston, Texas for training as a medic.

The senior Allocco described his emotions on the enlistment as "strange."

"It was a strange feeling watching him enlist, but it is part of his growing up," he said. Allocco's wife, Jane, 38,

and daughter, Laura, 15, also attended the ceremony.

"We had mixed emotions about his entering the Army, but it was his decision. We told him whatever he decided to do, we would stand behind him," Allocco said. "The family misses him a great deal, but we don't consider him gone. He's still here in our hearts," Allocco added.

#### ITIC-PAC soldier is achiever

"No Ka Oi" is Hawaiian for "the best."

The recipient of the annual Enji Kawamura Memorial Award for Outstanding Cubmaster on Oahu is "the best," according to his peers, supervisors and the boy scouts he leads.

CWO3 Philip A. McGibney of ITIC-PAC has dedicated 30 years to being a scout and exemplifying the highest standards of scouting.

by 1st Lt. Lucinda C. Schultz

"It is a good feeling because I was nominated by the kids, and all the enthusiasm the kids had when I won was overwhelming," McGibney said.

McGibney's support of Youth Activities at Fort Shafter is not limited to scouting. He coaches soccer, basketball and baseball in addition to being the cubmaster of Pack 182. He also managed the unit softball team to three years of winning seasons, including a tie for third place in the 1984 post softball tournament.

McGibney's achievements extend to his work. He was the 1983 recipient of the INSCOM Commander's Plaque for Operational Achievement. McGibney received the award for drafting the program of instruction for a comprehensive one-week course on communications security.

### Legally speaking

### Government service, a public trust

Government employment, as a public trust, requires that Army personnel—both civilian and military—place loyalty to country, ethical principles, and law above private gain and other interests. In performing their duties and responsibilities, Army personnel must avoid actual or apparent conflicts of interest. While financial interest in a defenserelated contractor (e.g., stock, bonds, options) can cause a conflict of interest, other activity may also create the appearance of a conflict of interest and should be equally avoided.

by Col. Edward S. Adamkewicz, Jr.

Army Regulation 600–50 outlines those activities which are prohibited because they tend, actually or potentially, to conflict with the interests of the Government or to undermine public confidence in the integrity of the Government.

The laws and regulations require that all DA personnel avoid any action, whether or not specifically prohibited by law or regulation, which might result in or be reasonably expected to

create the appearance of the following:

- Impeding Government efficiency or economy.
- Losing independence or impartiality.
- Making a Government decision outside official channels.
- Affecting adversely the confidence of the public in the integrity of the procurement process.

Specifically, DA personnel shall *not* do the following:

• Engage in any personal, business or professional activity, or have any direct or indirect financial interest, that places them in a position of



conflict or the appearance of conflict between their private interests and the public interests of the United States.

• Use an official position for

private gain.

 Use Government property, supplies and personnel for other than official Government business. This rule applies to everything from telephones to computers.

- Use an official position to induce, coerce, or in any way influence any person, including subordinates, to provide any unauthorized benefits-financial or otherwise—to themselves or others.
- Make unauthorized statements or commitments with respect to award of contracts.
- Take part in activities on behalf of a non-Governmental association or organization that are incompatible with official Government positions.
- Make personal commercial solicitations or sales to DOD personnel who are junior in rank, grade or position at any time, on or off duty. This prohibition includes solicitation and sale of insurance, stocks, mutual funds, real estate, and any other commodities, goods, or services. It does not apply to the one time sale of personal property or the sale or

lease of a private residence. It does cover commercial solicitation between military personnel and the spouses of their military superiors.

- Sell, if a retired regular military officer, to any DOD component without full compliance with the legal limitations on such sales.
- Knowingly deal, on behalf of the Government, with former DA personnel whose participation in the transaction would violate the law.

Recently, the Secretary of the Army sent a letter to the Army's major contractors reminding them of the policy on gratuities. With certain limited exceptions, DA personnel and members of their immediate families may not solicit or accept any favor, gratuity, or entertainment, directly or indirectly, from any source that is doing or seeking to do business with the Department of Defense. The Secretary noted that the "tender or receipt of unauthorized gratuities, however innocent, reflects negatively on the recipient, the Army, and the individual contractor. It often results in adverse publicity and threatens to undermine the public trust in our Government and its defense efforts."

The prohibition against gratuities includes accepting transportation, lodging, or meals from prospective employers who are DOD contractors, regardless of whether the member has any official responsibility for matters involving the particular contractor. A change to AR 600-50 recognizes that Army personnel may accept transportation and related travel expenses in connection with a job interview if reported to his or her superior, and provided a disqualification statement is filed concerning any possible official actions involving the potential

employer.

What about the case where the spouse of a DOD employee works for a defense contractor and the Government employee is invited to a contractor sponsored activity (e.g., their annual Christmas ball) simply because he or she is the spouse of an employee of the contractor? While taking part in such activities is generally prohibited, here an exception applies. The DOD employee could attend the ball as a spouse if he or she is not assigned to any duties that, if performed, could have a direct effect on his or her spouse's employer. Acceptance of this otherwise





prohibited gratuity serves the Government's interest by avoiding an undesirable perception that arbitrary and unreasonable restrictions are placed on family life. Such a perception might discourage persons from seeking or continuing Government employment.

And what about office collections for gifts to retiring or departing personnel? The rule is that DOD personnel will not do the following:

• Solicit a contribution from other DOD personnel for a gift to a superior.

• Make a donation or gift to a superior.

• Accept a gift from subordinates.

However, AR 600–50 does not forbid voluntary gifts of nominal value on special occasions such as marriage, illness, transfer, or retirement. Items such as a pen and pencil set or engraved plaque or tray would be proper; a matched pair of dueling pistols or an expensive silver service set would be improper.

Occasionally, visiting foreign officials will present gifts to

their U.S. Army counterparts. Whenever possible, DOD personnel are obliged to refuse acceptance of such gifts. However, under AR 672-5-1, DA personnel may accept and keep gifts of minimal value for foreign governments and officials given as souvenirs or marks of courtesy. Currently, "minimal value" means a retail value of \$165, or less. A gift of more than minimal value should be declined. If refusal of the gift would cause embarrassment or adversely affect foreign relations, it may be accepted on behalf of the United States and then turned in through command channels for official disposition.

Sometimes DOD employees will be approached by authors or publishers to review, endorse, or write a foreword on military related books. Such actions may violate AR 360–5 as well as AR 600–50. The rule is that using a civilian or military title or position in connection with a commercial business or endorsing a commercial product is prohibited. For example, an advertisement depicting a military

officer as a satisfied customer of a car dealer would be improper.

Off-duty employment is generally permissible. However, DA personnel may not engage in outside employment or other outside activity, with or without pay, that results in one of the following:

• Interferes with the performance of their Government

duties.

• Results in, or gives the appearance of, a conflict of interest.

 May bring discredit on the Army.

• Is otherwise inconsistent with the requirements of AR 600–50.

Gambling, except where specifically authorized by some other regulation or law, while on duty or on Government property, is forbidden. This prohibition includes lotteries or pools, betting, and the sale or purchase of a numbers slip or ticket.

AR 600–50 also sets out the requirement for filing annual Financial Disclosure Reports (SF 278) by general officers and senior civilian employees and Confidential Statements of Affiliations and Financial Interests (DD Form 1555) by other DA personnel whose actions may have an economic impact on a non-Federal entity.

Within INSCOM, the Commanding General has designated the INSCOM Staff Judge Advocate to act as the Standards of Conduct Counselor for the command to provide advice and assistance on standards of conduct and conflict of interest questions. In cases of doubt as to the propriety of a proposed action, consult your local supporting legal office or the INSCOM SJA office to ensure the proper and lawful conduct of INSCOM programs and activities.

### Driving under the influence jeopardizes lives and careers

A battalion of soldiers died last year for no good reason.

They died simply because some people had too many alcoholic drinks, according to officials of the Fort McPherson Driving Under the Influence (DUI) Prevention Team. Ironically, 50 percent of those killed had not even been drinking.

The point is, many people make the mistake of driving under the influence of alcohol or other drugs—not just alcoholics, but regular people who simply don't know the effects of drinking and the consequences of DUI.

"It only takes one drink, just one, to affect your driving ability," said 1st Lt. Pamela D. Wood, operations officer for the Fort McPherson Provost Marshal.

When you've been drinking, accidents are six times more likely to occur, and ignoring that fact could prove disastrous for your career and your life, as well as for those of others.

Alcohol is a drug that enters the bloodstream through the small intestine and begins to change your behavior as soon as it reaches the brain. Eating before drinking can slow the passage of alcohol into the intestine, so food before a drink does help. Yet, once you've had a drink, the liver must have time to burn up the alcohol, and no cold shower, hot coffee, or vigorous exercise will speed up that process in any way.

The blood alcohol concentration, or BAC, determines how drunk a person is. A body of average weight usually takes one hour to rid itself of a halfounce of absolute alcohol in a drink. The alcohol in the blood will drop .02 percent each hour. Whether that drink is 12 ounces of beer, five ounces of wine or one and one-half ounces of 80-proof liquor, the absolute alcohol content is the same.

Different people, though, have different physical reactions to alcohol, and their behavior at different BAC levels will vary. However, certain physical reactions are commonly observed. At a BAC level of .05 percent, a person usually can't make a logical decision, stated Wood, and that BAC level is the legal standard for considering your driving impaired.

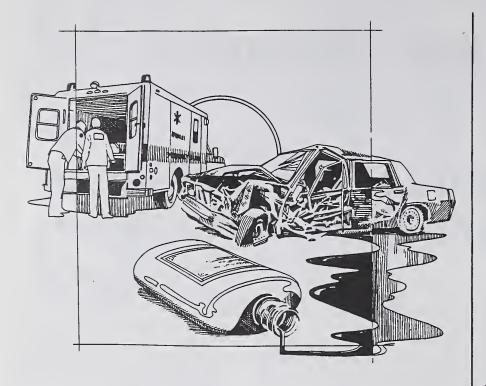
At .06 percent BAC level, your eyesight is often affected; at .09 percent, your balance will probably be off. Wood said that at .10 percent BAC, a

drinker's speech is usually affected and at .15 percent, people will fail the field sobriety test which involves walking heel to toe, saying the ABCs and other basic tests of coordination and memory.

At .20 percent, you can expect to stumble. At .30 percent, your brain may tell your body to dump the alcohol, Wood explained, and you'll vomit.

Wood emphasized that many times people consume a lot of alcohol within a short period of time, and the BAC will continue to rise even after they stop drinking. This fact is critical because at .40 to .45 percent BAC, the brain will tell the body to relax completely and you can become comatose. At .50 percent, a person can die.

As a social drinker, you may think these extreme consequences have little to do with you, considering your "moderate" drinking habits. However, military personnel and Department of the Army civilians can get into trouble long before reaching a .50 percent BAC. Wood said people have been convicted of DUI with a BAC as low as .03 percent simply because alcohol affects different people different ways.



If a soldier is stopped for DUI on or off post, locally, or across the country, a MP Incident Report will be filed at his command. The incident, along with the soldier's name and actions, will be in the blotter, and Wood said everyone will see it—the Alcohol and Drug Abuse Prevention and Control Program officer, the Public Affairs Officer, the Safety Officer, the Provost Marshal, the company commander, the headquarters commandant and the post commander.

In a civilian court, the judge usually makes someone convicted of DUI attend a drinking-and-driving course; however, enrollment in the military ADAPCP is mandatory.

For military drunk drivers convicted of DUI or refusing to submit to a blood alcohol test, a general officer letter of reprimand is written. They may also get an Article 15 or be

charged with AWOL, drunk on duty, or conduct unbecoming an officer or NCO.

Stopped for DUI, a person's driving privileges are suspended, pending resolution of the charges. Civilians and military personnel alike convicted of DUI will receive a one-year revocation of their on-post driving privileges. Those who are caught driving with suspended or revoked privileges are subject to a five-year revocation. Wood warned that soldiers and civilians soon to be moving or transferred to another installation would find their bad records and suspended or revoked driving privileges following them to their next assignment.

Driving under the influence of alcohol and drugs jeopardizes your career, your life and the lives of others.

(Editor's note: This is a U.S. Army Forces Command release.)

#### National Military Spouse Day

by Marla J. Brenner

National Military Spouse Day was celebrated Army-wide on May 23. This occasion provided an excellent opportunity to honor all military spouses for their significant contributions to our soldiers and the

military community.

Military spouses have a long history of volunteer service. Without their dedicated support, many family support programs would have been sharply curtailed. It is a fact that their personal sacrifices and the extent of their total commitment has bettered family life. Their attitudes and supportiveness have increased family pride in military service and improved retention of soldiers in critically needed skills.

It is the intention of the White House to make the observance of Military Spouse Day on May 23 an annual event within the Department of Defense in order to honor military spouses for their contributions to the readiness of our military forces and the well-being of military communities.

#### Walking for a healthy heart

Walking is an everyday activity that you can transform into a regular exercise program to help develop and maintain fitness. It is an aerobic exercise that can condition the heart and lungs if performed at the proper intensity for 20 to 30 minutes at a time, at least three times a week. Conditioning increases the oxygen available to the body and enables the heart to use oxygen more efficiently.

Unfortunately, aerobic exercise alone cannot prevent or cure heart disease. If the major risk factors—high blood pressure, a high blood cholesterol level, diabetes and cigarette smoking—are ignored, exercise alone probably won't help

But a regular exercise program can be a step toward a happier, healthier life. Besides the cardiovascular benefits, regular exercise such as walking can—

 Give you more energy and increase your resistance to

fatigue.

Improve your self-image.

 Relieve tension and help you relax and sleep.

Tone your muscles.

Before beginning an exercise program, see your doctor if you are not accustomed to regular exercise and are a male

over 45 years old or a female over 50 years old. Also see your doctor first if you have heart trouble, diabetes or high blood pressure, or suffer from pain, extreme breathlessness or dizziness.

To ensure a successful walking program, choose a specific time of day and stick with it. When do you have the most energy? Some people like to walk in the morning to prepare themselves for the day ahead. Some walk during their lunch hours. Others like to walk when the day is over to relieve tension. You should choose the best time for you, depending on your schedule and state of mind.

You will want to continue your exercise program yearround, so find a place where you can walk all the time. For outdoor walking, find a course with a smooth, soft surface that does not intersect with traffic, if possible. When weather prevents outdoor walking, walk around an indoor track at a school or recreation center. Many people are putting on their walking shoes and walking around shopping

(Editor's note: Courtesy of the American Heart Association.)



# Duty, Honor, Country, and Pregnancy—now, what do I do?

Many female soldiers in today's Army are facing motherhood for the first time, as a single parent or as a married woman. What are the options? There are two choices available to you—either stay in until you complete your term of service or get out under the provisions of Chapter 8 (Pregnancy Discharge) of AR 635–200.

Okay, you think you're pregnant. Seek medical advice as soon as possible, so a pregnancy test can be done.

Pregnancy confirmed. See the first sergeant for an appointment with the company commander to inform him of your change in health status. This is very important. It not only lets him know the health status of his female soldiers, but it also opens the door for you if, in the future, you have medical care complications.

Upon seeing the company commander, he will counsel you on your status. He will tell you your options and responsibilities as both a mother and a soldier. You have, prior to signing the Pregnancy Counseling Checklist, seven days to consider the above options and make your decision.

by Sp5 Eilleen K. Kreuzer

Remember, at any time after deciding to complete your active duty obligation, you have the right to waive that election—you can get out.

Once you begin prenatal care, and you are on a profile, copies of that profile are needed by these personnel: company training NCO, section supervisor, and PSNCO (for your PIF). Additionally, it is a good idea to keep a copy with you at all times.

When do you wear a maternity uniform? AR 670–1 states that maternity uniforms will be worn after the 24th week of pregnancy. These can be worn earlier when the woman's condition becomes obvious, or while wearing regular uniforms, the female does not meet Army appearance standards.

How do you get maternity uniforms? Stop by the S4 office to pick up and sign the paperwork. From there, Fort Sam Houston Finance will give you money for uniforms. The last stop is the clothing sales store to purchase your mater-

nity uniform. Maternity uniforms can be altered.

You can't find a size that fits? Well, there is always the local thrift shop. Perhaps the first sergeant knows someone who recently completed term and still has her uniform. The company commander may, in some cases, allow you to wear



civilian maternity attire until you can find maternity uniforms. Civilian maternity attire worn while on active duty must have a name tag affixed. On this name tag, both your rank and name must appear. Military hair standards apply while wearing civilian clothes as they do while wearing the military uniform during duty hours.

You've decided to get out. Make an appointment through the first sergeant to see the company commander. Tell him your decision. You will have to fill out another Pregnancy Counseling Checklist. The company clerk will schedule you for a separation physical. The PSNCO will prepare and type your Chapter 8 Discharge Action. After the com-

mander approves your discharge action, it will be taken for final approval. After the action is approved, pick up a copy of your ETS orders and attend your separation/transfer briefing. From there, you're on your way to motherhood in the civilian world.

Can you still obtain military care after discharge from the Army? Military maternity care will be provided in a military hospital only. I emphasize only because this coverage does not apply to maternity care given in a civilian facility. After receiving your separation paperwork from the separation/transfer point, go to the administrative services division of that military hospital. They will issue you a new hospital card containing your

name and social security number on it. This new card will be labeled: OB/GYN CARE ONLY.

Upon discharge, the Army will pay for all (both you and your child's) care up until your six weeks' check-up. After you and your baby have been medically cleared by your physician, then care is terminated.

You're on your own now—no more will Uncle Sam pick up your medical tab! (Editor's note: This article was originally published in the April 1985 issue of the Alamo Wrangler. Although some of this information is unique to Field Station San Antonio, this article has been reprinted as submitted because many INSCOM Journal readers may benefit from it.)

### Swimming safety

Off-duty recreation and sport activities are a vital part of Army life. These activities help soldiers develop physical and mental fitness. And the value of competitive team sports in preparing soldiers for battle has long been recognized.

Unfortunately, it's not all fun and games. The number and variety of recreational and sport injuries are staggering. During a recent 18-month period, Army units reported 1,778 recreational injuries to the Army Safety Center. Eighty-six soldiers were killed. The Army lost 26,000 days of

work from the 1,692 injured soldiers. The total cost to the Army in lost time and injuries was \$7.5 million.

Army men and women found many different ways to get hurt while having fun. Football, basketball, and softball top the list because so many soldiers play those sports. But the severity of injury is much greater in individual recreational activities. Here's what happened to Army soldiers on the ballfields and courts, in the parks and

pool, during 18 months.

About 75 percent of the soldiers who lost their lives drowned. Swimming after drinking alcohol, swimming alone in unauthorized areas, and swimming in cold water are a few of the reasons Army personnel lost their lives. All too often, soldiers who drowned while boating or fishing didn't even have a lifejacket or any type of flotation gear in the boat. However, knowing the facts can give you insight and direction your water for programs.

Let's look at a few specifics:

 Five soldiers were determined to go boating even though the lake was choppy and weather conditions were threatening. The soldiers boarded a johnboat, which was far too small to carry their weight. One of the soldiers had been drinking. About 200 yards offshore, the rough waves began breaking over the bow of the boat. Suddenly, the overloaded boat began sinking. It was now too late for any of the soldiers to put on lifejackets. As the boat capsized, the soldiers were dumped in the cold, 56-degree water. Two of the soldiers made it to shore and two were rescued by other boaters; however, the intoxicated soldier drowned.

 A soldier and three friends were swimming in cold water in an unauthorized area. After swimming for a while, the soldier and one friend decided to swim to a nearby island. Seventy-five feet from shore, the soldier began to yell for help. His friend tried to help, but the soldier panicked, went under, and didn't come up.

What can you do to reduce drownings? All swimmers should know the following:

 Don't mix alcohol and swimming. Drinking often leads to overconfidence and bad judgment. When engaged in any water sport, even one beer is too many. Alcohol increases the risk of drowning for a number of reasons: slows down reaction time, clouds good reasoning and speeds up the loss of body heat making the body more susceptible to the effects of cold water.

 Don't hit the panic button if there is trouble in the water. Call for help. Save all strength. If caught in a strong current, don't fight it—go with it. Float,



tread water or change styles of swimming until rescued. Take off clothes and shoes in the water—they'll make it hard or impossible to swim or float. Continually stress that there are five simple steps that can save a person's strength and keep them afloat—for hours if necessary—until help arrives:

 Resting position: Take a deep breath of air, hold it, and allow arms and legs to dangle freely in the water. The back of the head should be about even with the water's surface and the face held beneath it. In this position, the body will float

while resting.

 Preparing to exhale: After resting a few seconds in the dangling (resting) position, exhale. Begin by slowly raising arms in front of the body to about shoulder height while at the same time, separating legs in a scissors-type kick (one in front and one in back).

 Exhalation: Next raise the head high enough for the mouth to come out of the water. Now exhale through mouth, nose or both. Have your eyes open to keep from losing your bearing.

 Inhalation: As the head and body tend to become vertical, slowly press arms down and bring legs back together. With the head well above the surface, a fresh breath of air should be taken through the mouth and held there.

 Return to resting position: Return to the resting position, with face back in the water and arms and legs dangling. Then after resting a few seconds, re-

peat the procedure.

Swimming in water below 68 degrees Fahrenheit is often deadly. Cold water has claimed the lives of many soldiers who were not drinking. Champion swimmers have drowned in cold water. The body loses heat faster than it can produce it. The first sign is shivering, then comes severe cramps and poor muscle control. Fatigue can be so severe that arms and legs cannot be

(Editor's note: This article on swimming safety is provided by the U.S. Army Safety Center, Fort Rucker, Ala., and appeared in Vol. XII, No. 6 of the Wolf Print (104th Division, Training, Vancouver, Wash.))

#### The EFM Program

by Marla J. Brenner

An exceptional family member (EFM) is an individual with any physical, emotional, or intellectual disorder that limits the individual's capability to compete with his or her peers and requires special treatment, therapy, education, training, or counseling.

The EFM Program revolves around Army families who have an EFM. The program is strictly voluntary and is beneficial to those servicemembers who have family members

with special needs.

The servicemember must enroll the EFM—enrollment is not automatic. Assignment managers at HQDA will consider the servicemember's assignment based upon the special needs of the EFM and the needs of the Army.

Enrolling in the program is not a hindrance to the servicemember's career. In fact, the purpose of enrolling is just the opposite—an enhancement knowing that your family member is receiving the best possible care available.

As enrollment increases and the Army is made aware of the special needs of its members, the program and services will grow to meet these demands. If more information is required on the Exceptional Family Member Program, contact your servicing Army Community Services or Military Personnel Office.

#### Program eases job search

A test program designed to afford the Army's military and civilian family members ready access to job markets at their families' duty locations now has permanence.

Begun about two years ago, the program, renamed "Department of the Army Family Member Referral System," has received Defense Department approval both for permanent

operation and for extension to Alaska and Hawaii.

During its test period, the program, which originally provided special consideration for jobs at Army installations within the 48 contiguous states, resulted in a 72-percent placement rate of family members at their new duty stations.

Army civilian personnel officials report a number of highly satisfied "customers" in the program—both registrants and hiring supervisors.

"I was impressed by the placement program," wrote one person, "since I was hired two weeks after arrival at my new duty station." Another wrote: "I'm grateful for this new program. I am thoroughly

pleased with the way I was treated upon arrival at my new duty station."

On the hiring side, such comments as "got a good worker; the program works" and "we certainly are fortunate to be able to hire so-and-so" typify the written feedback.

Family members who seek to qualify for referral and placement under the program will find useful the various "employment information sheets" issued at most Army activities by their civilian personnel offices. Such a sheet summarizes pertinent information on the activity's mission, range of employment opportunities, and location of any nearby non-Army organizations that might have openings for either part-time/full-time or

temporary/permanent work. The sheets also contain application instructions, review the eligibility requirements, and address the special programs for the handicapped, veterans, interns, and students.

Family members seeking employment at the sponsor's next Army installation, or at the current location, will find answers to most questions by visiting the local civilian personnel office. Some jobassistance is offered also at the local Army community service office. By arrangement with the U.S. Army Civilian Personnel Center in Alexandria, Va., most of these local offices have copies of the various employment-information sheets.

(Editor's note: This is an ARNEWS release.)



#### Making the FMRS System work for you

First, make sure you have Civil Service "status" in your current job with the Army (meaning a career-conditional or career appointment). Then go to your current duty station's civilian personnel office, bringing with you a copy of your sponsor's permanent change of station orders to confirm your eligibility to register. The personnel office will give you a partially completed

DD Form 1817 (registration form) and an SF 75 (form containing your basic Federal personnel history).

Register by taking these forms to the Civilian Personnel Office at the new duty station, or to the nearest DA or Defense Department civilian personnel activity servicing the DA activity to which your sponsor is assigned, within seven working days of arrival

at the new duty station.

Upon registration, you'll receive consideration during the next 90 days for job vacancies for which you qualify. Of course, there's no guarantee that the consideration will lead to a job offer, but officials point out that the "special consideration" certainly keeps your foot in the door.

(Editor's note: This is an ARNEWS release.)

#### Winner of the Run for Diamonds Marathon

by SSgt. Vicki Ohmacht

Chip Pierce of Field Station Kunia won the five-mile Run for Diamonds on March 11 at Kilauea Field in the Kahala area near Diamond Head. The 24-year-old soldier broke away at the two-mile mark and won easily with a time of 25 minutes, 11 seconds. His first place finish came after a second place showing in the 7.5-mile Great Aloha Run in Pearl City March 3. Duncan McDonald, a world class runner who competed in the Olympic trials, took first place.

Pierce's explosion on the Hawaii running scene began in September of last year when he took fourth place in a 10K race in Honolulu. A middle distance runner, Pierce then attempted the 26.2-mile Honolulu Marathon in December and finished in two hours and 45 minutes to win a respectable 70th place out of more than 9000 runners. It was his second marathon. The California native came in second in the Association of the United States Army (AUSA) 10K Run on January 19, and captured first place in the recent Military/Civilian 10K Run in Mililani.

Earlier, he started running in San Luis Obispo, Calif. and

continued through high school and college at Washington State University. He left college to join the Army in 1981. After a year-and-a-half layoff, Pierce got back into running at Fort Hood, Texas prior to his assignment here.

His training schedule breaks down into five days of running followed by one day off. He runs on the average of 60-70 miles a week, as well as clocking interval workouts on a track consisting of five five-minute miles and an eight-minute "jog" in between the five-minute miles.

At 5' 10" and 132 pounds, Pierce's diet consists mainly of vegetables, bread products, fruit and fruit juices. He advises beginning runners to "have patience."

"Don't over-train," he commented. On the subject of diet, he added, "If you want to have every little advantage, watch your diet. If you are a 'fun runner,' however, diet really isn't important."

Pierce is now considered to be one of the island's top runners. To join the ranks of the world's elite racers he will have to break 30 minutes in a 6.2-mile race. He intends to compete in three races in the



Sgt. Chip Pierce begins a run in the field station area. He was Kunia's top finisher in the 1984 Honolulu Marathon with a time of two hours, 45 minutes. It was his second marathon. (Photo by SSgt. Vicki Ohmacht)

near future including the Schofield Barracks 57-Mile Relay with the Kunia Kukini Gold running team.





